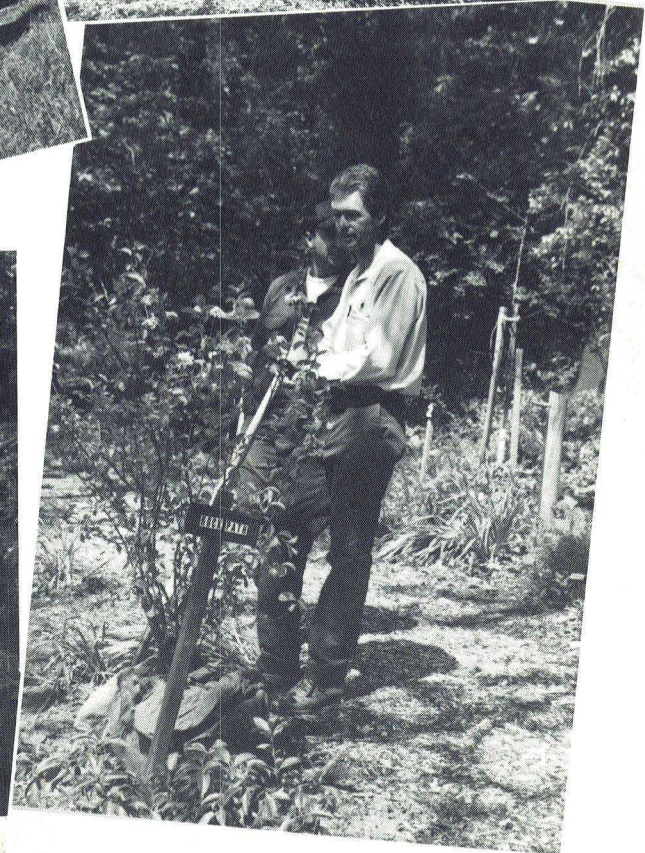


VOICE OF THE RESIDENTS

VOL. XIX, NO. 10

BROADMEAD, COCKEYSVILLE, MARYLAND

JUNE, 1998



Broadmead Welcomes . . .

by Betsy Griffin

NANCY (Pinks) NICHOLS

H-5 410-771-8508 April 1998

Nancy is a native of New York City, a graduate of Vassar College and the Columbia School of Physicians and Surgeons and a practicing psychiatrist. In recent years, she has specialized in geriatric psychiatry and has served as a psychiatric consultant at Roland Park Place retirement community and the Harford-Belair Community Mental Health Center. She has been on the staff of the Keswick Home as well as the Union Memorial Hospital and is credited with establishing the Hospice program there.

Nancy has a son, an architect in Boston, the father of three boys. Her daughter, also a psychiatrist, lives in Guilford, Connecticut and is the mother of three girls. She enjoys bridge and is welcomed to Broadmead.

BERNARD COLEMAN

J-13 410-329-9599 April 1998

Bernie was born and raised in Baltimore. His first job, after attending Forest Park High School, was that of a grocery clerk – a job he was happy to have during the Depression. His father, a watchmaker, had trained him to work with his hands so at the start of the war and his enlistment in the Navy, he was stationed in a machine shop aboard a destroyer tender in the Atlantic Theatre.

After the war, while studying drafting in New York, he met and married his wife who was interested in agriculture. They decided to return to Maryland and purchase a small farm in Carroll County. There they raised their two children.

Bernie has a daughter in Texas, the mother of his only grandson. His son is a professor at Cornell University.

Bernie was a designer in the engineering department of a company manufacturing electro-mechanical devices.

He brought his bicycle to Broadmead, and he expects to do a bit of gardening here, too.

MIYUKI TAKANO

A-12 410-771-8921 May 1998

It's always a pleasure to welcome family members to Broadmead and Rose Hijikata's sister is no exception. She was born and raised in California and except for a brief stint in the east during World War II, she has remained a Californian in Palo Alto, Sunnyvale, or Pasadena. She rather reluctantly comes to us from her lovely home and garden in Pasadena.

She takes pride in her long-time employment with Hewlett-Packard, the electronics giant, for she was one of its earliest employees – number 453, the exact. She remembers Mr. Hewlett and Mr. Packard's coming to the plant to visit with the workers.

Miyuki loves to garden and sew and is a talented wood carver. She hopes to have a small dog for company in A-12.

CONCERTS IN THE LOUNGE

Residents Association Music Committee

Philip Schnering, *Chairman*

Sunday, June 7, at 2:00 p.m.

LINDON-SHERMAN FLUTE AND GUITAR DUO

"A Musical Travelogue"

Music from England, Ireland, France, Spain, Italy, Austria, and elsewhere

Sunday, June 14, at 2:00 p.m.

"SPICE OF LIFE" VOCAL TRIO

Broadway and Patriotic Tunes

Flag Day celebration

In Memoriam

JAMES B. WILLAN

May 31, 1905 - April 30, 1998

CAMERA CLUB

by Jane M. Earhart

Club members who went to the Zoo on May 19th are asked to meet on June 5 at 10:30 a.m. in the lower level Seminar Room. Bring prints and slides to be reviewed for possible inclusion in the July hanging.

Beautification Day

WAS A SUCCESS!

Wonderful Broadmeaders came, planted, watered, and fertilized many, many tiny plants so that everyone may enjoy beautiful blossoms in June, July, August, and September.

Was it worth the effort? Y E S ! !

—Mary Louise Hibline

* * *

*From our new
Director of Public Relations
and Planning . . .*

I am Happy to be Here!

by Peggy Porter

Delightful and friendly Residents and a warm, welcoming environment among my new colleagues has made an enjoyable first three months at Broadmead.

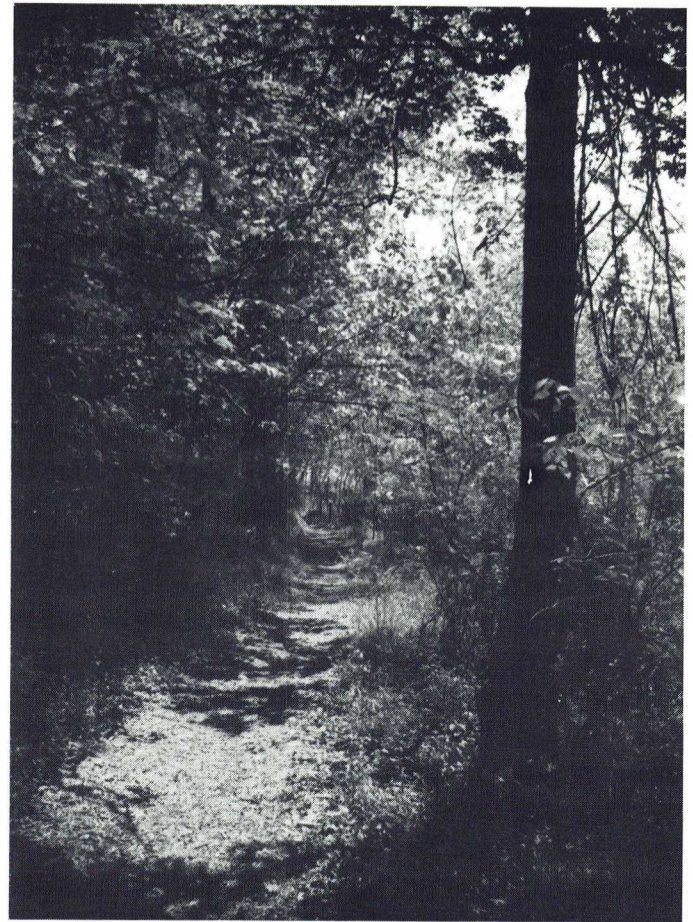
My husband, Don, and I moved to Bel Air in late August, 1997 from Gunnison, Colorado, when he accepted a position at Harford Community College as vice president for advancement and finance. In Colorado, I operated a marketing and communications consulting firm, working with a variety of businesses and organizations, as well as facilitating customer service training seminars for businesses.

I am originally from the Midwest – Council Bluffs, Iowa. I received my bachelor's degree in journalism and mass communication from the University of Iowa and then went to work doing public relations for a private university in Omaha, Nebraska. I then accepted a position directing the marketing and communications efforts of a college in Council Bluffs, earning a master's degree in mass communication from the University of Nebraska while working full- time.

My position here is Director of Public Relations and Planning for Friends Care, Inc. In addition, I work with Broadmead to develop marketing plans, publications, advertising, public relations, media coverage and other related activities.

I really am enjoying the opportunities to get acquainted with all of Broadmead's Residents. Thank you for all the input you have been sharing with me. I hope to enjoy many years to come as a part of Friends Care and Broadmead.

On the Trail . . .



Just the FAX, Ma'am . . .

by Patricia Rodak

Since May 11th, Administration has been sending and receiving FAX messages for Residents on a trial basis. If you wish to use this service, obtain a Cover Page at the Reception Desk. Instructions are printed on this sheet. The cost is one dollar a page, to be paid at the time you place your request.

Pages filed before noon will go out the same afternoon; pages left after noon will go out the next day. No Saturday or Sunday service.

Broadmead's FAX number is 410-527-0259. Incoming messages will be put in your pigeonhole.

Broadmead Internet Web Site.

Peggy Porter reminds us that we're now "live" on the Internet. Type in <http://www.broadmead.org> and view the new introductory page. Tell your family and friends about it, too.

THE GAME OF LIFE

At commencement-time.

Patterson High School Alumni Association

I am giving you the ball, and naming you quarterback for your team in the game of life. I am your coach, so I'll give it to you straight.

There is only one schedule to play. It lasts all your life but consists of only one game. It is a long game with no time out and no substitutions. You play the whole game—all your life.

You'll have a great backfield. You're calling the signals, but the other three in the backfield with you have great reputations. They are named Faith, Hope, and Charity. (If you believe in them, they won't let you down.)

You'll work behind a truly powerful line. End to end, it consists of Honesty Loyalty, Devotion to Duty, Self-respect, Study, Cleanliness, and Good Behavior. The goal posts are the pearly gates of Heaven.

God is the referee and sole official. He makes all the rules, and there is no appeal from them.

There are ten rules. You know them as the Ten Commandments, and you play them strictly in accordance with your own religion.

There is also an important ground rule. It is "treat others as you would want them to treat you."

Here is the ball. It is your immortal soul! Hold on to it. Now, get in there and play well this Game of Life.

—Martha Kuykendall



Clippings from Lloyd Tyler

Glossary of *Quixote Center* Strategic Planning terms:

Mission Statement - *Anybody know where we're going?*

Grassroots - *Nobody in power ever listens*

A Gathering of people - *Anarchists with no boss*

Multi-issue - *Can't get them to focus on a single issue*

Rooted in Catholic social justice tradition -

The Pope hates what we're doing

Planning for succession - *How do you get rid of the old geezers gracefully?*

Cultivate our donors - *Squeeze out more money*

Nurture the environment - *Use only recycled paper*

THAT MONTH OF MAY

by Sarah Cooper

That merrie month of May, the one for which I asked to be awakened early, I was going to be "Queen of the May," turned into a drippy, soggy month, at least for the first half. We read sympathetically about floods and mud slides washing away people, burying homes in other places, and considered ourselves fortunate just to be damp. Azalea and iris bloomed brightly in our gardens before the rain soaked them. Trees on the Ridge prospered, their foliage thick and green. Birds chirped and twittered noisily, no matter how much water fell, and animal life remained active, varied.

There were plenty of chipmunks, bunnies, and squirrels to nibble at plants and compete for bird food.

We discussed Trail Day's merits and deficiencies, uniting in our opinion of one aspect of the occasion — its weather was perfect. Since then, Mayapples have come out in numbers. The lady's slippers are no doubt wasting unseen beauty near the top of the Ridge path, the few habitual trail walkers steel themselves against sudden showers as they walk the sodden paths for exercise. As I write, the sun shines. No matter. So far, this month has been a lesson in survival of one's good spirits in the face of successive chilly, gray, and intermittently wet days.

Vitamin E, the Open Forum speaker told us one recent Thursday, can help the aging brain, slow down loss of memory, perhaps enable us to avoid the dreaded A disease. What we really need to know is which miraculous substance will help us answer cheerfully the frequent greeting, "How are you?" when we meet on the umpteenth rainy day in May. A rainbow would have helped.

Happy summer !

The Potters' Wheel

by Mary Ellen Anderson, Coordinator

It is the dream of every person who has ever worked with clay to learn how to use a potters' wheel. To have an electric potters' wheel added to the equipment of our ceramics classroom is a dream come true!

We, in Broadmead's ceramics class, are grateful to Jane Doss for making this possible.

MAGNETIC ATTRACTION - II

MAGNETIC ATTRACTION #1 *told of a baby bluebird hatching here 4 years ago, mothering for 2 years, and incubating 5 eggs this summer. It closed with:*

We'll not count her chicks before they have hatched,
But we wonder, as always before,
How many more years will the baby we knew
Be the mother of how many more.

II

Alas, such a question may hang in the air
And fade with the hope we hold dear,
For suddenly gone are the five little eggs,
Though *why* and *where to* are not clear.

Some birds desert any nest that's been robbed,
So, cleaning the box is a must.
Did the female survive? Will a new one appear?
We'll soon have some answers, we trust.

In less than a fortnight our hopes are revived,
As a cradle of newly mown hay
Is woven and cupped and already holds
A single new, azure blue egg.

Who laid it? The question's on everyone's tongue.
Is "our baby" the mother-to-be?
Quite possibly *yes*, quite possibly *no*.
Said the monitor, "Let's wait and see."

In just a few days the answer is *YES*,
With five little eggs, as before.
So, how many years will the baby we knew
Be the mother of how many more?

-- Nancy Rowe

Novel Theology

by Elsa Lundgren

* * *

The Book of Ruth
by Jane Hamilton

Reviewed by The Reverend Carl N. Edwards
Monday, June 1st at 11 a.m. in the Auditorium
Everyone Welcome



VESPERS

ELSA LUNDGREN, *Chairman*

4:30 - 5:00 p.m.

in the Lounge

+

Sunday, June 21, 1998

The Reverend Roy Baker
Immanuel Episcopal Church
Glencoe, Maryland

+

Sunday, July 19, 1998

Adam Parker – Seminarian
St. Joseph Roman Catholic Church
Cockeysville, Maryland

+

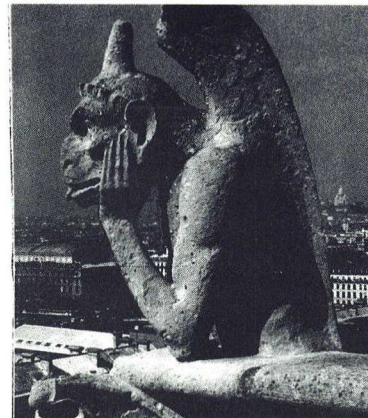
Sunday, August 16, 1998

Harry S. Scott, Jr.
Baltimore Monthly Meeting of Friends
Stony Run

ON FRIENDSHIP . . .

He that is thy friend indeed,
He will help thee in thy need;
If thou sorrow, he will weep;
If thou wake, he cannot sleep;
Thus of every grief in heart
He with thee doth bear a part.
These are certain signs to know
Faithful friend from flattering foe.

—W. S.



SATURDAY NIGHT AT THE MOVIES

by Frank Hijikata

June 20 — MOUNTAINS OF THE MOON

1990 135 mins. ***+ Rated R

A captivating saga of Sir Richard Burton and John Speke, two explorers in search of the source of the River Nile in the late 1800's. Vivid and stimulating, this epic film tells of their many adventures as well as the compelling story of the bitter feud which develops between them as to who was the discoverer of the source of the Nile and therefore to be honored by the Royal Geographical Society and their fans.

We hope to show the following in July and August:

July 11 *And the Earth Did Not Swallow Him* English

July 18 *Antonia's Line* Dutch

July 25 *Babette's Feast* Danish

August 1 *The House of the Spirits* International

August 8 *Jean De Florette* French

August 15 *Manon of the Spring* French

August 22 *L'America* Italian

August 29 *Shall We Dance?* Japanese

* * *

SATURDAY PROGRAM OFFERINGS

by Charles Hobelmann, Chairman

Saturday, June 13 - 7:15 p.m.

JUDY JOHNSON

Assateague Island

Saturday, June 27 - 7:15 p.m.

JON CARPENTER

Maryland Natural Resources Police
*Robotic Deer, Night Vision Goggles,
and Handcuffs*



MOVIES ON TUESDAYS AT SEVEN.

by Jeanne Stephenson, Chairman

6/2 FAR FROM THE MADDING CROWD

1967

2 hrs., 49 min.

Julie Christie, Alan Bates, Peter Finch, Terence Stamp

Although long, this is richly rewarding. About Bathsheba Everdene and her impact on the lives of three men in the 1870's, and beautifully photographed in Britain's southwest. Based on Thomas Hardy's book.

6/9 EMMA 1996 2 hrs.

Gwyneth Paltrow, Toni Collette, Alan Cumming, Ewan McGregor, Jeremy Northam, Greta Scucchi, Juliet Stevenson, Polly Walker

Juliet Stevenson returns in the role she played so well in the A&E EMMA in which Kate Beckinsale had the leading role. In this film, Paltrow offers a starmaking performance as the Jane Austen heroine, with a first-rate British cast.

6/16 THE SHOOTING PARTY 1985 97 min.

James Mason, Dorothy Tutin, Edward Fox, John Gielgud, Gordon Jackson.

October 1913. Assured and opulent, a group of aristocrats move through the elaborate rituals of Edwardian England. But times are changing and values that ordered their world will not longer have meaning in the new age about to dawn.

6/23 THE SHOP AROUND THE CORNER

100 min. Renewed 1967

James Stewart, Margaret Sullavan, Frank Morgan, Director Ernst Lubitsch.

The story of Matuschek and Co., of Mr. Matuschek and the people who work for him in his shop. It is just around the corner from Adrassy Street on Balta Street in Budapest, Hungary, pre-World War II. Two co-workers don't realize that they are lonely-hearts penpals. Film is ultimate in sheer charm.

6/30 TO KILL A MOCKINGBIRD 1998 130 min.

Gregory Peck, Mary Badham, Philip Alford, Brock Peters, Robert Duvall

This special 35th Anniversary Commemorative Edition features interviews with Gregory Peck, other original cast members, and the filmmakers. A widowed attorney with two young children accepts the challenge of defending a black man wrongly accused of rape in their racially divided small southern town. An Oscar for writer Horton Foote.

R_x **DOC IN A BOX**

--John B. De Hoff, M.D.
Health Care Education Subcommittee

6s + 7s = 13s

Surely, most people know that six plus seven equals thirteen but what about sixes and sevenses? Do they equal thirteenses? Not necessarily. If a friend tells you, "I'm all at sixes and sevens," she probably refers to mild confusion or failure to make a decision about a matter of concern.

If she says, "I don't know which way to turn," this could be a simple harassment by usual duties. Minor confusion also results from simple "overload", too many tasks to take care of easily in one day. Nonetheless, sixes and sevens now and then can add up to a confused set of thirteens.

Mental confusions sometime result from the side effects of many prescription drugs or self-medication with over-the-counter remedies. Malnutrition and need for certain vitamins, as well as other ailments like depressions or injuries, may also cause confusion.

This condition is not always brief and relatively harmless. If an abrupt onset of symptoms is present, like sudden severe headache, dizziness, steadiness, weakness or numbness, difficulty speaking or understanding speech, sudden dimness or loss of vision, these present urgent indications for emergency medical attention.

Brief or transitory symptoms may be from a transient ischemic attack (TIA), a temporary reduction in blood supply to part of the brain. Should the blood supply be totally interrupted by a clot or a hemorrhage, the resultant damage is a stroke.

The new term for a stroke is now emphatically renamed a "Brain Attack!" and treatment, just like that for a heart attack, must be as an emergency, intense and complex. Naming a stroke a brain attack emphasizes how important it is to ensure that a person suffering a stroke is quickly recognized as such a victim and immediately rushed to the hospital for prompt emergency treatment.

Risk factors for brain attack include: High blood pressure, cigarette smoking, heart disease, and diabetes; also, persons aged 75 years or older are considered to be at greatest risk for strokes.

Just being at sixes and sevens is no big problem and probably needs no more than a cup of tea or coffee, a short rest or nap, putting off onerous tasks for a couple of hours or days, or maybe an anodyne like acetaminophen (Tylenol) or aspirin.

Gently tolerate your sixes and sevens, but heed the warning signs of a stroke that are briefly listed above and call for help immediately.

Open Forum . . .

by Palmer H. Futcher, M.D.

On May 14, the Open Forum was addressed by Guy M. McKhann, M.D., on the subject of "The Aging Brain." Dr. McKhann is Neurologist-in-Chief Emeritus at Hopkins Hospital and currently Director of the Mind-Brain Institute at the Homewood campus where a longitudinal study of aging is now in its tenth year.

Dr. McKhann commented on the difficulty encountered in recalling names and numbers as we age. In this regard, he suggested the use of the politician's practice of repeating a new acquaintance's name and residence during the encounter, as well as paying careful attention. Deliberate use of one's brain assists maintenance of self-esteem.

The speaker directed his presentation largely to Alzheimer's Disease, which affects 40% of those aged 85. In this condition, an abnormality of a brain structure called the hippocampus contributes to a disability in storing new information. In only 5% of cases is there a clear genetic influence. Currently we lack a method of predicting risk for most cases. Dr. McKhann regretted this fact, since early detection of the disease would permit institution of the admittedly very imperfect therapy available. He mentioned the drug *Aricept* as having improved the memory of some patients. Estrogens, and Vitamin E in the dosage of 400 mgm. daily, have been reported to delay the onset of the symptoms of Alzheimer's Disease. (A member of the Broadmead staff who attended the lecture commented that Vitamin E is available as an "over-the-counter" medication.)

Dr. McKhann anticipated useful information on aspects of Alzheimer's Disease deriving from animal models of the condition. He mentioned mice in which the Alzheimer gene has been engrafted. His presentation was well-attended and was received with appreciation.

* * *

Let's Dance

EDDIE SLAUGHTER *Chairman*

EVERYONE WELCOME
Monday, June 8th
7:00 p.m. in the Lounge

SYLVAN SILHOUETTE

by Charles Ellicott and Rob Keller

Few trees have meant so much to man as oaks. Broadmead has many native white oaks, several pin oaks, and probably a red, perhaps some black oaks. After tornadoes in 1990 savaged our springhouse grove, the tree committee acquired about a dozen whites, descendant trees from the ancient Wye Oak of Maryland's Eastern Shore.

Near the far loop of perimeter road, one encounters to the east a magnificent white oak, certainly 150 years old. Other fine ones are near our entrance and PawPaw Lane.

When wooden ships ruled, the crooked "knees" of oaks made the strongest frames and ribs. Cork from Iberia is the spongy bark of a special oak and led to the discovery of food canning, which grew out of the use of cork in wine bottles. Tannin from oaks makes animal skins supple for leather. Acorns supported people as well as squirrels in early America; we can't count all the other uses to which we put this noble tree.

Erudite Rob Keller of maintenance fills more about *Quercus Alba*, the white oak: The tree is broad,

with a round head, wide spreading branches. Foliage dense, purple/red to violet/purple in fall. Mostly in the Eastern United States. The State Tree of Maryland which designates the Wye Oak its champion.

The white oak is perhaps the most beautiful and majestic tree in the United States. When grown in an open space this tree will reach up over 90 feet with a trunk diameter of over 4-1/2 feet. The tree has flaking, shallowly furrowed light grey bark, medium green leaves 4 to 8 inches long; glabrous green on top and whitened beneath. Edges are in 7 to 9 shallow or deep round-tipped lobes and sinuses about equal in width. White oaks prefer well drained soils but can thrive in wet areas. The wood is hard, heavy, close grained, light colored, strong and durable. Some uses are: railroad ties, mine timbers, flooring, charcoal, furniture, barrels, pulpwood, and fuel. Our reception desk and other Broadmead decor is of oak.

Quiz: Almost all the leaves of plants have either one or more points on their edges; such a characteristic would not pervade unless there exists a reason. Do you know why?

In excess rains, water drips more easily from a point than a rounded edge, thus sparing leaves from moist mold and rot.

VOICE of the RESIDENTS

Volume XIX, Number 10

June, 1998

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Broadmead Residents Association,
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Harry S. Scott, Jr., *Editor*
Nydia Finch, *Editorial Assistant*

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